



PRESS RELEASE

PRESS RELEASE

PRESS RELEASE

Football pundit Ian Wright urges the nation to look after their eyesight

FOOTBALL icon Ian Wright has teamed up with Specsavers to encourage everyone to have regular eye tests to help protect their health.

The former Arsenal striker and studio pundit for BBC and ITV Sport, who is renowned for his specs style, is fronting Specsavers' Don't Lose The Picture campaign to promote National Eye Health Week (September 23-29).

The 55-year-old, who has worn glasses for 15 years, says: 'I couldn't do my job without good eyesight. Whether I'm sat in the stands watching a game, or in a studio commentating, I need to see things clearly, especially the names on the back of the shirts. Otherwise my commentary could be completely wrong!'

Ian is passionate about eye care as he has a family history of glaucoma – a degenerative eye condition often dubbed 'the silent thief of sight' – that can be detected and monitored through regular eye tests.

He says: 'My cousin had glaucoma and went totally blind. Over time his eyes gradually got worse until he needed a white stick because he had completely lost his vision.'

People over 40 and those of African descent are more prone to glaucoma and therefore should have their eyes tested regularly, warns Dr Josie Forte, Specsavers' optometrist – something Ian has taken firmly on board.

'I have my eyes checked regularly and make sure my family do too. An eye test isn't just about checking whether you can see clearly, it can pick up on other health issues.

In my most recent test I was told my cholesterol was a little high, which my optician could see just by looking into my eyes.'

Ian's eye test also included an Optical Coherence Tomography (OCT) scan. This cutting-edge piece of equipment screens for and helps manage eye health conditions, such as age-related macular degeneration, glaucoma and diabetic retinopathy, and is usually only found in hospital eye departments but is now available in more than half of Specsavers stores.

Ian continues: 'I wanted to support National Eye Health Week as it puts a spotlight on the need for everyone to take care of their eyes, highlighting the conditions that could be preventable or better managed through regular checks. I can't stress enough how important an eye test is.'

The NHS recommend that you have an eye test once every two years, or more often if recommended by your optometrist. To find out more or book your next appointment contact your nearest Specsavers store or visit www.specsavers.co.uk.

- Ends -

Issued by Beattie Communications on behalf of Specsavers

specsavers.com  [specsavers official](#)  [specsavers](#)  [@specsavers](#)

For more information on eye health contact the Specsavers press team:

T: 020 7053 6000 / E: NationalSpecsavers@beattiegrou.com